



## March Youth Wellness and Prevention Collaborative Meeting Notes

### High Fives

1. Granite Janet
  - a. "Granite Janet" will make history in the city of Manchester, as will two Hillside Middle School 7<sup>th</sup> graders. A research project by Aaron Nicholas and Jullien Santos earned them the opportunity to name the tunnel boring machine (TB Machine) specifically designed for use in the Manchester Cemetery Brook Drain Tunnel project.
2. Donation
  - a. Mark Stebbin's Community Center received \$250,000 gift is part of the HCA Healthcare's commitment to contribute a total of \$2 million over the next three years to local community health initiatives.
3. Supporting our Students
  - a. MHCGM brought grief support and counseling to Central High School following the passing of a beloved teacher.
4. Donated Haircuts
  - a. Tried and True Barbershop and Belair Hair Studio donated barber and hair cutting services to the youth at Waypoint's YRC.
  - b. Several youths were able to have haircuts and beard trims.
5. PizzaFest
  - a. MPAL held their 4<sup>th</sup> annual PizzaFest!
  - b. During February school vacation, MPAL kids and officers had the chance to gather and sample pizza from local restaurants, and they cast their vote for the best pizza in town!

### Member Spotlight

- Roca Kidz Club
  - Volunteer-driven, community-supported youth organization offering weekly programming, bringing value, worth, inspiration, and fun to Manchester Youth.
  - Roca Kidz serves and provides meals to 150 youth each week, with that number increasing during seasonal programs!

- Faith-based organization, inspire kids with the genuine love of God and change the world around them.
- We welcome every kid, every age, and background because we believe in the restoration of a community through our youth.
- Monday nights are Roca Teens night from 6-8pm, Roca Kidz Club is every Thursday from 6-7:30pm.
- We welcome anyone to come and see what we do! We do activities with the youth to keep them safe and give them healthier activities to do after school.

## Updates

- Emma will be on maternity leave come June 2026 – Emily will be taking over YW&PC duties while Emma is gone. For questions, please reach out to Emily at [eet@mih4u.org](mailto:eet@mih4u.org).
- Prevention Portal Updates:
  - If you aren't on the YW&PC Prevention Portal, please see Emily to get added to the site.
  - April is Alcohol Awareness Month – find social media posts in toolkits!
  - National Public Health Week is April 6-12 – find social media posts in toolkits!
  - Makin' It Happen Podcasts
  - Grief Resources
  - Mindfulness + Mental Health Activities for Youth
  - Substance Use Video Lessons
  - Online Support Meetings for Parents and Caregivers of Youth Using Substances – through the Partnership to End Addiction Text Support Line
- Amoskeag Health
  - Botvin Updates
    - Started some cohorts with high school students – going very well
    - Added a new educator and trying to approach elementary curriculum
    - Any programs that work with elementary school students already that may be interested in Botvin, you can reach out to **Darlene Estevez at [destevez@amoskeaghealth.org](mailto:destevez@amoskeaghealth.org)**.

## Action Plan

- 4 focus groups
  - Networking – informal and formal networking
    - Doing quick introductions to know who is in the room

- Letting member spotlight use the sign-in table to give resources while checking people into the YW+PC meeting
    - Having everyone wear name tags during the meeting
    - Doing more field trips like Friends of Aine
    - Creating a time to talk about other organizations built into the meeting
  - Community Awareness – community outreach
    - Activities align with the start of the school season
    - Community activities centered around aprils alcohol awareness and may mental health
    - Kid friendly coasters at restaurants instead of sliding alcohol labels under kid's drink, talking about something kid friendly (blank ones that are decorated and handed out) serves both mental health and alcohol awareness
    - Placement of vapes and other products in store and give more information so they are not as accessible to young people
    - Involving youth in our prevention work because you get greater buy in from youth themselves and the adults in the community
  - Professional Development - learning opportunities
    - Identify and host trainings/workshops
    - Find trainings that are half-day or shorter that can combine with or replace YW+PC meeting
    - In-person trainings over virtual trainings to create a more dynamic conversation and ensure participation
    - Get an ambassador for the program to talk about the program
  - Resource Gathering – resource sharing
    - Doing a warm hand off for resources or referrals making sure they're open and that the person they are going to see is still there with turnover
    - Chandler center from SNHU to the table have a lot of youth buy in already
    - Attending different types of meeting like lunch and learn, CAB meetings, or collaborative meetings
    - Prevention, recovery, treatment, meetings, etc.
- Groups began discussing topics in each focus group
  - Networking – what types of formal/informal networking would be good for YW&PC?
  - Community Awareness – how can we elevate youth prevention messaging and share it with the community?

- Professional Development – what professional development would you like to see this year?
- Resource Gathering – what other resources do youth need access to?

### **Coming up**

- Next meeting is April 21<sup>st</sup>
- Boundary Spanning Leadership – Replacing the YW+PC Meeting in May!
- We'll have a working session to update information on the Prevention Portal and spend some more time in Focus Groups. Bring your laptops!
- If you haven't yet been added to the Prevention Portal, email Emily Tyler at [eet@mih4u.org](mailto:eet@mih4u.org) to get set up.